

APEX MT Leg Circuit 1

Objective: Try to complete 3 rounds of this circuit in under 3 minutes per circuit. Rest 2-3 minutes between circuits.

Exercise	Repetitions	Technique
A1: Kettlebell Swings	30	Hold the back arched, keep heels in contact with the ground. Swing with straight arms to chin height or above.
A2: Jump Squats	20	Squat to parallel or above. Dorsiflex feet each time you jump. Do not round the back as you squat.
A3: Split Jump Squats	20	Alternating legs, lower until front thigh is parallel to the floor. Do not lean over.
A4:Overhead Squat Hold	60s	Hold a weighted or non-weighted overhead squat hold for 60s. Try to maintain thighs parallel or just above throughout. Keep torso and arms as vertical as mobility allows.